

# W.O.V.E.N.

## SESSION 3: O-ONENESS

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### Prayer Exercise to Strengthen Oneness

#### Instructions:

- Turn your chairs to face each other and hold hands. This physical touch is part of the 'Celebration' strand.
- Take turns praying these 5 points over one another. You don't need long sentences; just fill in the blanks from your heart.

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#### 1. The Strand of Gratitude (Affirming Design)

##### *Reflecting God's image in your spouse.*

Lord, I thank You for the way You created [Spouse's Name]. Specifically, I want to thank You for their [name a specific trait, e.g., gentle heart, joyful laughter, calming presence]. It is a gift to my life, and I love that about them.

#### 2. The Strand of Growth (Affirming Progress)

##### *Noticing their effort and God's work in them.*

Lord, I thank You for how I have seen [Spouse's Name] grow recently. I saw Your strength in them when they handled [name a specific situation, stressor, or challenge]. Thank You for the work You are doing in their heart, and I am so proud of who they are becoming.

#### 3. The Strand of Protection (Covering Them)

##### *Standing shoulder-to-shoulder.*

Father, I ask for Your covering over my spouse. Protect their mind from discouragement and their heart from stress. Specifically, guard their heart in the area of [mention a specific burden: work, parenting, health, insecurity], so they can walk in Your peace and know how cherished they are.

#### 4. Prayer of Grace

##### *Humility and reliance on God.*

"Lord, where I fall short as a [husband/wife], please step in. Where my patience or strength runs out, let your grace cover my spouse. Fill the gaps I leave behind and help me to serve them better this week."

#### 5. The Strand of Celebration (Binding the Cord)

##### *Sealing the Oneness with love and future hope.*

God, weave us tighter together this Valentine's Day. Thank You for the adventure we are on. Help us to stand shoulder-to-shoulder against every challenge and to celebrate each other every single day. Let our marriage be a cord of three strands that cannot be broken. Amen.

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### **Table Questions to Grow in Oneness**

1. Looking back at our journey, what is one little thing I still do, or a specific way I look at you, that still gives you butterflies?
2. Oneness means being united in a shared purpose. If we think about our future, what is one shared dream or adventure you want to pursue together this year that would make us feel closer and more 'in step' than ever?
3. When you think of our personalities, what is the funniest or most unexpected 'mismatched' trait we have that makes our team stronger?
4. If we were stranded on a desert island and could only have three things to keep our marriage strong and fun, what would you bring, and what would our specific roles be to survive and thrive together?